

Cardio Kick Boxing (8 weeks 2x p/wk)

Starting April 6th through May 27th

\$40 p/ person

Tuesday & Thursday starting at 5:30-6:30 pm

Instructed by: **Personal Trainer** Peter O'Hara

Cardio kickboxing is a cardiovascular workout that is a mixture of boxing, martial arts, and aerobics. This class will be formed with traditional movements including kicks, punches, and other movements that relate to martial arts. Competitive kickboxing involves physical contact with an opponent. The Rec Center's cardio kickboxing class involves no physical contact and was designed to achieve a fit, healthy body.